

# DID YOU KNOW..?

The most popular form of exercise in the United States is.... **WALKING?**

It is one of the easiest, most enjoyable and profitable way to exercise!!

Come and join our walk with a Newton Recreation Staff Person.

Bring a friend, make new friends.

**Wednesday, September 28th @ 10AM**

Meet at Heritage Alliance Greenway located on 7th Street to Hwy. 10 West.

Parking will be available.

Or...join us along the way!

Walking  
Wednesday!!

The length of each walk will be according to everyone's needs and abilities.

Need a good pair of shoes,  
bottle of water,  
comfortable walking clothes  
and a desire to walk!!



For additional information contact the  
Newton Recreation Department (828) 695-4317.